



Slaying the Dragon: How to Turn Your Small Steps to Great Feats

Michael Johnson

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Michael Johnson stunned the world in the 1996 Olympics when he achieved what no other runner has ever accomplished, capturing two gold medals in the 200-meter and the 400-meter races and shattering the previous world record set in the 200 his own record by a staggering margin. Arms pumping, back straight in his unique running style, gold shoes flashing, it looked to the world as if Johnson had reached the pinnacle of his profession, as if he owned those races. Except for the stumble out of the blocks. For while Johnson knew what the world knew that he was the fastest man alive he also knew that there were still mountains to conquer. How much faster could he have gone without the stumble?

"After you have stared long enough into the dragon's eyes, there is nothing left to do but slay the dragon. For each of us, that dragon is the thing closest to the center of our lives. It is our core, our ambition and our joy. For me, it is the perfect race."

In *Slaying the Dragon: How to Turn Your Small Steps to Great Feats*, Michael Johnson shares his secrets on how to identify your own dragon, your own fears and goals and how to apply his winning techniques to your personal and professional life.

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